

News Briefs

**Blood drive**  
A wing blood drive is from 9 a.m. to 4 p.m. Wednesday at the Services Complex. For more information, call 2nd Lt. Shirrisha Peake at Ext. 2708.

**New drinking policy**  
No one under the age of 21 will be permitted to purchase or drink alcoholic bevarages on Columbus AFB. Anyone found drinking underage will receive non-judicial or judicial punshiment including court-martial.

**Speed dial saves lives**  
BLAZE TEAM members can reach 14th Flying Training Wing emergency responders by dialing 9-1-1 from any base phone, including those in military family housing. However, 9-1-1 calls from cellular phones will connect to the Lowndes County E-911 center. Let the operator know you have an emergency on Columbus AFB, and they will dierectly transfer you to Columbus AFB 911. Columbus AFB provides 24/7 police fire and emergency response

**SAVE**  
The next Suicide And Violence Education brief will be held at 3:30 p.m. June 16 at the Philips Auditorium. For questions or more information call Airman Jamil Fitts at Ext. 2239.

Inside



FEATURE 9  
  
'01 AFA grads reunite in Baghdad

COLUMBUS AFB TRAINING TIMELINE										
PHASE II				PHASE III				WING SORTIE BOARD		
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown Annual
37th (07-04)	6.54 days	2.43 days	June 27	48th (06-10)	1.65 days	-0.43 days	June 9	T-37	2869	2873 20763
41st (07-04)	3.75 days	-0.89 days	Today	50th (06-07)	2.53 days	-0.89 days	June 9	T-38C	1289	1363 9060
								T-1A	1173	1272 9382
Graduation Speaker: Maj. Gen. Marc Rogers, 19th Air Force commander										

Movin’ On Up



Elizabeth Owens

The 14th Flying Training Wing congratulates the June enlisted promotees. Pictured are, from left to right: (front row) to senior airman: William Greenan, 14th Civil Engineer Squadron; Daniel Bartel, 14th Communications Squadron; Hazel Butler, 14th Operations Support Squadron; to airman: Antonio Savage, 50th Flying Training Squadron; (back row) to technical sergeant: Jennifer Winchell, 14th Medical Operations Squadron; Susan Ramirez, 14th OSS; Michael Nichols, 14th CES; and Nathaniel Howell, 14th Security Forces Squadron. Not pictured are: to airman first class: Jason Piper, 14th CES; to senior airman: Rosita Campbell, 14th Comptroller Squadron; Jason Clark, 14th Contracting Squadron; and to staff sergeant: Jesus Espinoza Ogarcia.

BX rewards academic achievements

The Columbus AFB base exchange regularly recognizes outstanding students with exceptional academic achievement through its “You Made the Grade” program.

Initiated in February 2000, the BX’s education rewards effort is designed to recognize Columbus students for above-average academic achievement.

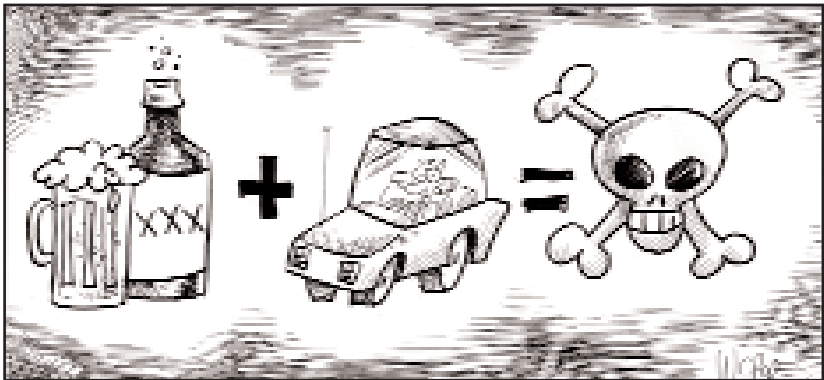
Qualifying students receive a coupon booklet that includes discounts on merchandise, free admission to any Army & Air Force Exchange Service Reel Time movie (scheduled to re-open in June 2006), a free magazine, a free Anthony’s Pizza with drink, as well as other coupons.

“AAFES recognizes the value of education and is pleased to provide students an incentive for diligent studying and success,” said the BX’s General Manager, Joyce Best. ““You Made the Grade” is an incentive for students to not only stay in school, but to excel as well.”

Each booklet also contains an entry form for a quarterly savings bond drawing in which three winners are randomly

awarded savings bonds in \$2,000, \$3,000 or \$5,000 denominations. To receive the booklet, students must bring a valid military ID card and proof of an overall “B” or better average to the Customer Service counter at the Columbus AFB BX.

Students may receive one "You Made the Grade" coupon package for every grade report they receive, but may enter the savings bond drawing only once per calendar quarter. Families stationed at Columbus AFB can contact the exchange directly at 434-6013 for more information.



14TH FLYING TRAINING WING DEPLOYED

As of press time, 47 BLAZE TEAM members are deployed worldwide. Remember to support the troops and their families while they are away.







Senior Airmen Cecilia Rodriguez  
**A member of the Air Education and Training Command Special Duty Assignment Team spoke to about 100 Airmen about special duty opportunities in February 2005. The team is scheduled to return to Columbus AFB June 20.**

# Earned Retirement Opportunities Act gives combat troops tax help

**Army Sgt. Sara Wood**  
American Forces Press Service

**WASHINGTON** – An act signed into law Monday by President Bush solves a conflict in the tax code by allowing servicemembers who serve in a combat zone to still contribute to their individual retirement accounts, a Defense Department official said here Wednesday. The Heroes Earned Retirement Opportunities Act amends the Internal

Revenue Code to allow servicemembers to include tax-exempt combat zone pay in determining the allowable income tax deduction for contributions to retirement savings plans, said Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council. The tax code requires a certain amount of taxable income for someone to be qualified to deduct contributions to retirement plans, Fenton said. Servicemembers who received tax-

exempt pay in combat zones were running into trouble because their taxable income wasn't high enough, so they were either prevented from contributing to their retirement accounts, or they were facing tax penalties for doing so, she said. The "Heroes Act," as it's been dubbed, makes an exception to the rules about retirement accounts for servicemembers in combat zones, Colonel Fenton said. "It's just a specific act to help our mili-

tary members in the combat zone who are using individual retirement accounts," Colonel Fenton said. The Heroes Act is retroactive for two years, so anyone who has served in a combat zone in the past two years can fix tax problems or make contributions they may have missed due to this problem, she said. These servicemembers have three years to fix problems from the past, she said. "They don't need to panic or do anything right away; they have a large window of time," Colonel Fenton said. The Internal Revenue Service will soon be issuing more guidance for servicemembers who qualify under the Heroes Act, Fenton said. In the meantime, questions can be directed to military legal offices, she said.



## We are all recruiters

Each Air Force member is an "ambassador in blue." Each person can make a difference in someone else's decision to join the Air Force.

- Get involved in youth programs, whether in high schools or through church and community organizations. Be a role model in your community.
- Take advantage of the Recruiter Assistance Program. Each member of the Air Force is authorized a permissive TDY home for up to 12 days to perform recruiting duties with the local recruiter.
- Talk with others about what the Air Force has done for you and the successes you've had because you joined.



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# CAFB tap water meets 2005 drinking standards

Columbus AFB routinely monitors its drinking water for contaminants. "Our water is safe to drink," said 1st. Lt. Christina Peace, bioenvironmental engineering office.

Water is analyzed in all stages of production; from the Coker Aquifer, treatment plants, and distribution systems to customers' homes to assure it is of the highest quality.

In accordance with the "Consumer Confidence Reporting Rule" of the Federal Safe Drinking Water Act, Columbus AFB is required to report the water quality information to the consuming public.

The following is a snapshot of the quality of water that was provided last year. Included are details about where your water comes from, what it contains, and how it compares to standards set by regulatory agencies.

The base water supply is treated and distributed by Columbus Light and Water Company. The water is drawn through eight wells from the Coker Aquifer, a groundwater source, and is stored in various places, such as water towers, throughout the base. No further treatment is done by base personnel.

Contamination may occur as water travels over the surface of land or through the ground, dissolving naturally occurring minerals and, sometimes, radioactive material. It can also pick up substances resulting from the presence of animals or from human activity. Potential contaminants in source water include:

**Microbial contaminants:** such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife.

**Inorganic contaminants:** such as salts and metals that may occur naturally or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming.

**Pesticides and herbicides:** might have a variety of sources such as agriculture, urban stormwater runoff and residential uses.

**Organic chemical contaminants:** such as synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff and septic systems.

**Radioactive contaminants:** which can occur naturally or result from oil and gas production and mining activities. Contaminants may be found in drinking

water that may cause taste, color, or odor problems. Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants.

These types of problems are not necessarily causes for health concerns. For more information on taste, odor, or color of drinking water, please contact the Bioenvironmental Engineering Office Ext. 2284 or the EPA's Safe Drinking Water Hotline at (800) 426-4791.

Some people may be more vulnerable than the general population to certain microbial contaminants, such as Cryptosporidium, in drinking water. Infants, some elderly or immuno-compromised persons such as those undergoing chemotherapy for cancer; those who have undergone organ transplants; those who are undergoing treatment with steroids; and people with HIV/AIDS or other immune system disorders can be particularly at risk from infections. People should seek advice about drinking water from a physician or health care provider. Additional guidelines on appropriate means to lessen the risk of infection by Cryptosporidium are available from the Safe Drinking Water Hotline at (800) 426-4791.

For more information, call bioenvironmental engineering services at Ext. 2284, or the Columbus Light and Water Department at 327-0432. CL&W have regularly scheduled meetings on the third Thursday of the month, at 1 p.m. The location of the meetings is 420 4th Avenue South.

Table 1 lists all of the detected drinking water contaminants current for calendar year 2005. The presence of contaminants in the water does not necessarily indicate that the water poses a health risk. The EPA and the Mississippi State Department of Health require that the base monitor for certain contaminants less than once per year. Other contaminants may be only measured once every three years, but are still representative of the water quality.

Table 1: Water Quality Data Table							
Contaminant	MCLG	MCL	Units	Greatest Level Found	Sample Date	Standard Exceeded?	Likely Source of Contaminant
Microbiological Contaminants							
Total Coliforms	0	5%	Present/Absent	Present	Monthly 2005	No*	Naturally present in the environment
Volatile Organic Contaminants							
Haloacetic Acid	0	60	ppb	3.2	2005	No	By-product of drinking water chlorination
Total THM	0	80	ppb	6.3	2004	No	By-product of drinking water chlorination
Radioactive Contaminants							
Alpha Emitters	0	15	pCi/l	1	26 Nov 01	No	Erosion of natural deposits
Beta Photon Emitters	0	4	mR/yr	ND	26 Nov 01	No	Decay of natural and man made deposits
Inorganic Contaminants							
Antimony	6	6	ppb	ND	2005	No	Discharge from petroleum refineries; fire retardants; ceramics; electronics ; solder
Arsenic	0	50	ppb	ND	2005	No	Erosion of natural deposits; runoff from orchards, runoff from glass & electronics production wastes
Barium	2	2	ppm	0.007978	2005	No	Discharge of drilling wastes; metal refineries; erosion of natural deposits
Beryllium	4	4	ppb	ND	2005	No	Discharge from metal refineries and coal-burning factories; electrical, aerospace, and defense industries
Cadmium	5	5	ppb	ND	2005	No	Corrosion of galvanized pipes; erosion of natural deposits; discharge from metal refineries; runoff from waste batteries and paints
Chromium	100	100	ppb	ND	2005	No	Erosion of natural deposits
Copper (90th percentile)	1.3	1.3 (AL)	ppm	0.012	19 Dec 03	No	Corrosion of household plumbing
Cyanide	200	200	ppb	ND	2005	No	Discharge from steel/metal factories; plastic and fertilizer factories
Fluoride	4	4	ppm	0.980080	Monthly 2005	No	Erosion of natural deposits; water additive which promotes stronger teeth; discharge from fertilizer and aluminum factories
Lead (90th percentile)	0	15 (AL)	ppb	25 E-8	19 Dec 03	No	Corrosion of household plumbing systems; erosion of natural deposits
Mercury	2	2	ppb	ND	2005	No	Erosion of natural deposits; discharge from refineries and factories; runoff from landfills and croplands
Nitrate	10	10	ppm	ND	15 Aug 05	No	Runoff from fer tilizer use; leaching from septic tanks, and sewage; erosion of natural deposits
Nitrite	1	1	ppm	ND	15 Aug 05	No	Runoff from fertilizer use; leaching from septic tanks and sewage; erosion of natural deposits
Selenium	50	50	ppb	ND	2005	No	Discharge from petroleum refineries and mines; erosion of natural deposits
Sulfate	NA	250	mg/L	6.97	2005	No	Erosions of natural deposits
Thallium	0.5	2	ppb	ND	2005	No	Leaching from ore-processing sites; discharge from electronics, glass, and drug factories
* Total Coliform: Coliform was found in three samples; however, repeat sampling at each sample location, one sample upstream and one sample downstream was negative. Therefore, the positive samples was mostly likely a false positive. The false positive could be a collection error or a laboratory error.							

Term	Definitions
Action Level (AL)	The concentration of a contaminant that, if exceeded, triggers treatment or other requirements, which a water system must follow.
Greatest Level Found	Laboratory analytical result for a contaminant; this value is evaluated against an MCL or AL to determine compliance
Maximum Contaminant Level (MCL)	The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
Maximum Contaminant Level Goal (MCLG)	The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
mg/kg	Milligrams per kilogram; a unit of measure equivalent to part per million (ppm)
mg/L	Milligrams per liter; a unit of measure equivalent to part per million (ppm)
NA	Not Applicable
ND	Non detect. Contaminant not present or below the equipments detection capability
ppm	Parts per million; a unit of measure equivalent to a single penny in \$10,000
ppb	Parts per billion; a unit of measure equivalent to a single penny in \$10,000,000
Range	The range of the highest and lowest analytical values of a reported contaminant.
Trihalomethanes (THMs)	Byproducts of drinking water disinfection that contains natural organics

Here are several key terms to help understand the information in Table 1.



# Deployment gives newfound appreciation for life

**Lt. Col. Kenneth Crane**  
14th Communications Squadron

A number of people have asked me what "hit me" as I returned from my tour in Iraq. I'd have to say it included giggles from children at play, the delirious scent of magnolias and all the luscious green from lawns, shrubs and trees. The contrast with burning trash and dusty rubble in Baghdad is pretty stark.

My tour gave me a newfound appreciation for God's blessings, especially relationships with family and friends.

There's another part of me, however, that was pained to leave Iraq because of the urgency of our work there. I felt torn out of a line of levy-builders racing against a flood of anarchy and ill will. I'm grateful to be reunited with my family and freed from the constant threat of injury, but knowing that my colleagues continue the lethal struggle on the other side of the world still haunts me. So, please allow me to share a few words of appreciation for those who carry the torch today in Iraq.

My team's mission was to equip and advise officials in the Iraqi government and members of their security forces. Meeting them was often a laborious process of scheduling armored convoys or airlift, arranging for interpreters, and then hoping the intended official made it through the maze of checkpoints to our rendezvous.

On arrival, I lumbered out of my armored car in my own heavy "battle rattle" and weaponry, waved good-bye to the

convoy, and cautiously moved with a partner and interpreter to the meeting place. My armor and camouflage contrasted sharply with the Iraqis, smartly dressed in business attire. I highly valued the robust measures America took to keep me safe, but I learned my Iraqi colleagues — often protected by no more than thin cotton shirts — were even more at risk than me because of their unpopular role in the fledgling government. In fact, one of my primary contacts who administered communications for police forces was fresh on the job because his predecessor was brutally assassinated.

I was struck by the enormous risks these brave Iraqi "founding fathers" took daily in hopes of building a nation that can peaceably govern itself one day. Many of them appreciated our assistance in toppling the dictator who killed, maimed, imprisoned and otherwise persecuted their families. One of my interpreters had been jailed and his father tortured and executed in the very building where we worked. But nothing required them to continue their sacrifices in the face of assassinations and political frustrations.

Per custom, the Iraqis offered me tea and inquired about my health and the welfare of my family. I shared pictures of my wife and children, and we chatted about the hope that Iraq will someday be safe enough for my family to come see their history and culture first-hand.

I learned that some of the men currently have to keep their families hidden and move them around when the neigh-

borhood gets too prickly. Some of them don't even allow their families to know the nature of their work. Everyone is accustomed to gunfire and explosions that routinely rock the buildings. When threats intensify, officials sleep in their offices to avoid the dangerous trek to and from work each night.

Despite these dangers, the concern they raised most often to me was about making "progress" in the government. The frustrations of organizing a new government that could effectively lead the nation were enormous. Many of their efforts were compromised by politics or coordination problems.

When I asked them why they didn't use their impressive education and credentials to leave the country and live more securely elsewhere, they all said they felt an obligation to rebuild their homeland rather than live the good life elsewhere.

I'm impressed with the similarities between these Iraqi patriots and the signers of our own Declaration of Independence. Our founders faced death by hanging for signing their names to that paper. They put everything they had at risk for the hope of a life free from tyranny. I thought of the Airmen and other GI's down through the centuries who fought in wars to defeat enemies and preserve our way of life. I thought about our present struggle to strengthen our country against terrorists and anarchists. I'm convinced many of our own enemies are using Iraq as their playground, trying to squash the Iraqi patriots struggling to construct an effective government. I



**Lt. Col. Kenneth Crane**

swell with pride at the brief opportunity I had to serve with these heroes. I hope the Americans, British, Australians and others who partner in Iraq today will make progress toward a peaceful and tyranny-free country.

Back at Columbus AFB, I serve with renewed enthusiasm to produce Air Force pilots who will mount up with wings like eagles against those who prey on us and our allies. And I'll keep telling the story of my Iraqi friends who deserve our respect and our prayers.

# Memorial Day highlights sacrifices made for us all

**Tech. Sgt. Scott T. Sturkol**  
421st Combat Training Squadron

**FORT DIX, N.J.**— Just over 15 years ago, I watched a television show after operations Desert Shield and Desert Storm that highlighted the sacrifices military members made during that war.

I was so moved by the show that I immediately thought about what it would be like to join the military and do something as great as these military members had. What did they do? They gave their lives for their country. They gave the ultimate sacrifice.

At the time, I was working in a civilian job driving heavy equipment for a lumber company. I worked many long hours on that job. One week I worked almost 90 hours. After watching that show, however, I thought that any sacrifice I made at work didn't come anywhere close to the sacrifices those servicemembers made.

Before Memorial Day 1991, I was at the Military Entrance Processing Station in Milwaukee, Wisc., signing

up for delayed enlistment in the Air Force. By February 1992, I was on my way to starting my military career with that same TV show ringing in my head.

You see, that show highlighted the 293 military members who gave their lives in support of that operation. It spoke of the servicemembers, their families and what heroic acts they did for their nation.

To me, there is nothing more honorable than those who gave their lives in defense of our freedom, no matter what conflict — the Gulf War, World Wars I and II, Korea, Vietnam or the war on terrorism.

That's why Memorial Day is so important. It gives us a day to honor all those military members who made the ultimate sacrifice.

According to the Veterans Administration, Memorial Day was officially proclaimed three years after the Civil War ended, and first observed on May 30, 1868. Flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery. Called "Decoration Day," the day was established as "a time for the nation to

decorate the graves of the war dead with flowers." The history added, "It is believed May 30 was chosen as the date because flowers would be in bloom all over the country."

Memorial Day has been set aside for us all to reflect on how someone's ultimate sacrifice has been a sacrifice for us all. Heroes who have given their lives show me that freedom isn't free.

That Gulf War television show I watched never mentioned Memorial Day, but it highlighted the sacrifice that Airmen, Soldiers, Sailors, Marines and Coast Guardsmen and others have made in defense of our freedoms. But now I don't need a show to remind me of the importance of sacrifice.

Every time I learn a comrade in arms has given the ultimate sacrifice, I recognize his or her sacrifice and thank him or her for it. During Memorial Day this year, I urge everyone else to do the same. Take a moment to remember those who have sacrificed for us all. Don't wait for a television show to remind you of it.

**The United States Air Force Spouse Pin Program**

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[www.yourguardiansoffreedom.com](http://www.yourguardiansoffreedom.com)



# '01 AFA grads reunite in Baghdad

**Staff Sgt. Bryan Bouchard**  
447<sup>th</sup> Air Expeditionary Group

**VICTORY BASE COMPLEX, Iraq** – It's a small world, which means it's also a small Air Force. Five years ago, when the Air Force Academy graduated its Class of 2001, the more than 800 new lieutenants all went their separate ways. But nearly a dozen members of that class had a sort of Air Expeditionary Force-induced reunion here at the Victory Base Complex in Baghdad recently.

"It's quite unique," said Capt. Kristi Contardo, who works with the Iraq Assistance Group on the VBC. She is deployed from Columbus AFB, Miss. "It's a great reunion to come from far away into a foreign land when you're surrounded by non-Air Force people."

Captain Contardo said that there are probably more graduates than just the five who met for lunch at the Al Faw Palace in the center of Camp Victory May 26. With Captain Contardo were Captains Matt Mountcastle from Hickam AFB, Hawaii; Melissa Olendorf from

Langley AFB, Va.; and Frank and Audra Lyons from Eglin AFB, Fla.

All were surprised when they arrived to learn that so many members of their graduating class were all based out of Baghdad-area locations: So far, the group agreed that there were at least a dozen members of the Class of 2001 in Baghdad at the same time.

"We haven't seen each other in five years," Captain Olendorf said.

Captains Mountcastle and Frank Lyons ran into each other while awaiting airlift to Sather Air Base from a forward operating location. Neither of them knew that they'd be working across the room from each other for the next four months.

"When I saw Frank's name on the list of people working at Sather, I was fired up," said Captain Mountcastle, who is the base's protocol officer. "I knew we'd have a great time and get the job done right."

While their reunion was short lived, the five who met at the palace are all at the front end of their tours and will more than likely cross paths often over the course of the next 4-10 months.



Staff Sgt. Bryan Bouchard  
**Members of the Air Force Academy's Class of 2001 pose for a shot inside the Al Faw Palace in Baghdad May 26. In the photo are (from left to right) Capts. Matt Mountcastle, Frank Lyons, Audra Lyons and Melissa Olendorf.**

# Phoenix Raven Airmen are a special breed

**Tech. Sgt. Scott T. Sturkol**  
421st Combat Training Squadron

**FORT DIX, N.J.** — Students in the Air Mobility Warfare Center's Phoenix Raven program here face many challenges in their quest to attain a coveted security forces Raven patch.

The course, taught by the 421st Combat Training Squadron, originated in the late 1990s after a need was seen to better protect military aircraft in an expeditionary environment.

The definition of a Raven, according to Tech. Sgt. Kelly Tabor, Raven course instructor, is an Airman, Sailor, or Soldier who has readily accepted the responsibility to ensure the success of our force protection mission. They are all volunteers and are prepared to travel at a moment's notice anywhere around the world to protect Department of Defense assets for as long as it takes to complete the mission.

Ravens must be of the highest caliber and always use judgment that will reflect well on missions abroad, said Tech. Sgt. Bruce McPherson, NCO in charge of the Phoenix Raven program.

Ravens are put in a stressful environment to handle situations professionally and tactfully, Sergeant McPherson said. The extensive training given to students here is in unarmed defense tactics, application of the force continuum, less-than-lethal-force weapons, anti-hijacking and firearms training.

"Ravens need to be able to think and communicate in stressful situations in order to accomplish the mission," he said. "This makes the course challenging and dynamic for a Raven candidate."

The 24 students in the most recent Air Force Phoenix Raven course came from all over. Many of them are Air Force active duty security forces members, but there are also Guard and Reserve security forces as well as Navy masters-at-arms security personnel.

The students receive nearly 130 hours of instruction during their nearly three weeks of training. There are more than 50 hours of classroom academics along with anti-terrorism, pressure point control techniques, collapsible baton, weapons and scenario training. In addition, the students have to pass a rigorous physical training regimen.

Like the physical and mental challenges the course presents, said Senior Airman Michael Tucker, a security forces journeyman attending the course from the 3rd Security Forces Squadron at Elmendorf Air Force Base, Alaska. The course pushes you and your body further than you thought was possible.

From start to finish in the training, camaraderie is emphasized among the students. They march together in formation between classes and they exercise together. They essentially work together in nearly every aspect of the course.

"The toughness of the course and its rigorous schedule are all meant to point the students toward success,"

Sergeant McPherson said. "And if you ask any of the students, they'll tell you the level of sacrifice it takes to meet the challenges."

Participants must have heart, character, charisma, intestinal fortitude and other various traits to tough out this three-week course, said student Staff Sgt. Nicholas Roberts, a security forces journeyman from the 62nd SFS at McChord AFB, Wash. If they are here it's because their unit thinks they are the best of the best. They are getting a chance to gain a certification that less than 10 percent of the Air Force security forces members have, he said.

According to Sergeant Tabor, there is really only one thing that becomes their greatest weapon upon graduating from the course.

Their discipline, fortitude, and ability to think quickly will ensure success in providing force protection anywhere at any time, Sergeant Tabor said. Despite numerous hours spent perfecting unarmed hand-to-hand combat techniques, Raven graduates understand their most powerful asset is their mind.

Staff Sgt. April Apo, a security forces craftsman from the Nevada Air National Guard's 152nd SFS in Reno, said becoming a Raven has taken her to a higher level in her career and her life.

I wanted to become a part of the elite, Sergeant Apo said. The tools I learned during the Raven course not only will help me in the security forces career field, but also how I conduct myself as a person.

Base children have a unique opportunity to test their acting talents in the upcoming Missoula Children's Theater production of "Beauty Lou and the Country Beast" at 3 p.m. June 17.

A team of two professional tour actors/directors will arrive on base with scenery, costumes, props, make-up and basic lighting ... everything it takes to put on a play — except the cast. Auditions for casting 50 school-age children in this full-length original musical production are at 10 a.m. June 12 at the youth center.

Immediately following the auditions, practice begins with lines, staging, songs and movements learned in four and a half hours for five days — June 12 through June 16, with only a short break every two hours. Not all cast members will need to attend all sessions.

The mission of the Missoula Children's Theater is to develop life skills in children through participation in the performing arts. Creativity, social skills, goal achievement, communication skills and self-esteem are all characteristics attained through participation in this unique and educational project. For more information, contact the youth center at Ext. 2504.

**Passport to manhood:** The youth center and Dr. Mario Mercado offer a 14 week program for boys, ages 11 to 14 starting today. The program meets from 5 to 6 p.m. and concentrates on specific aspects of manhood through highly interactive activities. Call Ext. 2504 for more information.

**Crafts classes:** The arts and crafts center's upcoming crafts classes feature seasonal projects. Adult classes are at 10:30 a.m., 2:30 p.m. and 6:30 p.m. Tuesdays. Upcoming classes include a mosaic pot, a patriotic heart, an Uncle Sam door hanging and a wooden flag box. Youth classes are offered Wednesdays at 11:30 a.m., 2:30 p.m. and 4:30 p.m. Upcoming classes include a bird feeder, a Father's day gift, an Uncle Sam made with popsicle sticks and a decorative visor. A display of all projects is available in the arts and crafts lobby. Participants must register at least four days prior to the class date. Call Ext. 7836 for more information.

**Jazz dance classes:** The youth center offers these classes for youth and adults. Cost is \$36 a month for ages 3 to 12 and \$40 a month for ages 13 and older. Mondays classes are from 9 to 10 a.m. for ages 3 to 4 and from 1 to 2:50 p.m. for adults. Tuesdays classes are 10:30 to 11:30 a.m. for ages 5 to 6, 11:30 a.m. to 12:30 p.m. for ages 7 to 12 and 6 to 7:20 p.m. for adults. Wednesdays classes are from 11 a.m. to 12:30 p.m. for ages 13 to 15 and from 1:30 to 2:50 p.m. for high school students. For more information,

# Theatre helps children reach new life stage

**Pam Wickham**  
14th Services Division

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The mission of the Missoula Children's Theater is to develop life skills in children through participation in the performing arts. Creativity, social skills, goal achievement, communication skills and self-esteem are all characteristics attained through participation in this unique and educational project. For more information, contact the youth center at Ext. 2504.

# Summer events provide recreational opportunities

**Passport to manhood:** The youth center and Dr. Mario Mercado offer a 14 week program for boys, ages 11 to 14 starting today. The program meets from 5 to 6 p.m. and concentrates on specific aspects of manhood through highly interactive activities. Call Ext. 2504 for more information.

**Crafts classes:** The arts and crafts center's upcoming crafts classes feature seasonal projects. Adult classes are at 10:30 a.m., 2:30 p.m. and 6:30 p.m. Tuesdays. Upcoming classes include a mosaic pot, a patriotic heart, an Uncle Sam door hanging and a wooden flag box. Youth classes are offered Wednesdays at 11:30 a.m., 2:30 p.m. and 4:30 p.m. Upcoming classes include a bird feeder, a Father's day gift, an Uncle Sam made with popsicle sticks and a decorative visor. A display of all projects is available in the arts and crafts lobby. Participants must register at least four days prior to the class date. Call Ext. 7836 for more information.

**Jazz dance classes:** The youth center offers these classes for youth and adults. Cost is \$36 a month for ages 3 to 12 and \$40 a month for ages 13 and older. Mondays classes are from 9 to 10 a.m. for ages 3 to 4 and from 1 to 2:50 p.m. for adults. Tuesdays classes are 10:30 to 11:30 a.m. for ages 5 to 6, 11:30 a.m. to 12:30 p.m. for ages 7 to 12 and 6 to 7:20 p.m. for adults. Wednesdays classes are from 11 a.m. to 12:30 p.m. for ages 13 to 15 and from 1:30 to 2:50 p.m. for high school students. For more information,

**Summer reading program:** The base library offers its summer reading program, "Reading is Dyno-nite" June 21 and will meet at 10 a.m. every Wednesday for one hour through July 26. Registration for the program is June 11 to June 17 and is open to children entering first through sixth grades for the 2006-2007 school year. A different

# Wet feet

**Four-year-old Marqez Doss celebrates the beginning of summer weather by cooling off at the pool Wednesday afternoon. The Columbus Club's family fun night pool party is from 5:30 to 8 p.m. June 15. Cost for adults is \$6.95 for members and \$9.95 for nonmembers. Cost for ages 6 to 12 is \$3.95 for members and \$5.95 for nonmembers. Ages 5 and younger eat for free. The menu includes tossed salad, hamburgers, hot dogs, sliced pizza, baked beans, potato chips, soda and bottled water. For more information, call 2409.**



activity is scheduled each week with prizes awarded for different age groups at the end of the program. For more information, call Ext. 2934.

**Cheerleading spirit camp:** The youth center offers this camp for ages 6 to 18 July 17 through July 21. Two sessions are available; 8 to 11 a.m. and 1:30 to 4:30 p.m. Cost is \$25 per child or \$40 for both sessions. Each program participant will receive 15 hours of instruction, a T-shirt, a certificate of course completion and the opportunity to provide feedback on the program. Call Ext. 2504 for more information.

**Cruise seminar:** The information, ticket and travel office offers a seminar on the who, what, where, when and how much of cruising from 11:30 a.m. to 12:30 p.m. June 14 at the Columbus Club. For more information, call Ext. 7861.

**Geyser Falls Water Park trip:** The information, ticket and travel office offers this trip to Philadelphia, Miss., June 10. Cost is \$25 per person and includes admission to the park and transportation. Call Ext. 7861 for more information.

**Summer day camp:** The youth center offers this program for youth who have completed kindergarten through sixth grades. Camp is offered from 7 a.m. to 6 p.m. Monday through Friday. Cost is based on total family income. Activities include swimming, field trips, arts and crafts, sports and

more. Register at the youth center or call Ext. 2504 for more information.

**Home decor workshop:** The arts and crafts center offers a workshop at 10 a.m. or 6 p.m. June 15 on how to make a room divider. Cost is \$50 and includes all supplies. Register and pay by June 9 at the arts and crafts center. Call Ext. 7836 for more information.

**Parents day out:** The child development center and youth center offer this program from 9 a.m. to 3 p.m. June 24. Cost is \$3 per hour per child. Parents must register their children by June 21. Call the child development center at Ext. 2478 or the youth center at Ext. 2504 for more information.

**Buddy bass tournament:** Outdoor recreation hosts a buddy bass tournament June 17. Entry is \$100 per boat. First place prize is 70-percent of the total purse, second place takes 15-percent of the total purse and third place takes 10-percent. This tournament is open to any person eligible to utilize the Columbus AFB outdoor recreation program. Only two contestants are authorized per boat. The fishing location is any place on Columbus Lake and the connecting Tenn-Tom Waterway. No fishing is permitted within 50-years of another contestant's boat that was first anchored at the location. Call Ext. 7861 for more information.



Chapel Schedule

Catholic

Sunday:  
9:15 a.m. — Mass  
5 p.m. — Confessions  
5:30 p.m. — SUPT Mass

Protestant

Sunday:  
9 a.m. — Adult Sunday School  
10:30 a.m. — Contemporary worship service at the Services Complex  
10:45 a.m. — Traditional/Contemporary worship service at the chapel  
Monday:  
7 p.m. — Officer Christian Fellowship  
Wednesday:  
11:30 a.m. — OASIS at Phillips Auditorium  
11:30 a.m. — Lunch Bible study at chapel annex  
6 p.m. — Navigator Study at chapel annex  
Thursday:  
5:30 p.m. Choir Practice

For more information about Jewish Islamic, Orthodox or other services, call the chapel at Ext. 2500.

Vacation Bible School

The Columbus AFB Chapel Vacation Bible School is from 9 a.m. to noon Monday through June 9. This year's theme is "Fiesta," where ages 4 to 12 can get fired up about Jesus. Parents can register their children at the chapel now. Volunteers are also needed. For more information, call Daisy Lebron at Ext. 2500.

Airmen and Family

*(Editor's note: All activities are offered at the Airman and Family Readiness Center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.)*

Smooth move

A workshop for relocating families is from 2 to 4 p.m. Tuesday. Participants will learn what to expect from the travel management office, housing, military pay, legal, billeting, Tricare and the family support center.

Deployment briefings

Pre-deployment briefings are held daily at 9 a.m. Family members of those getting deployed are encouraged to attend the briefings. For more information, call Ext. 3974 or Ext. 2790.

Spouse welcome

A welcome reception for spouses new to Columbus AFB is from 10 a.m. to 11 a.m. every Wednesday at the Magnolia Inn Lobby. Spouses will receive gifts and information about the family support center.

Local employment

A workshop about employment opportunities with local businesses, the 14th Services Division and government applications is at 1 p.m. every Wednesday. Resumes and other job applications will also be discussed.

Employment cover letters

A workshop explaining examples and the purpose of employment letters is from 9 to 10 a.m. Wednesday.

Single parents group

All single parents are invited to attend the single parents social at noon Wednesday in the Happy Lounge. For more information, call Ext. 2631.

Humor prescription

This video-based program will be held at 11:30 a.m. Wednesday and will teach participants how humor can reduce the stress in their life.

Base Notes

Garage sales

On-base garage sales are only permitted the first Saturday of every month. Advertisements for sales are limited to yard signs or ads in the base paper only. Signs must be no larger than 2 feet by 2 feet. Displaying signs on utility poles and street signs is prohibited.

Advertising yard sales in the local media, excluding the base newspaper, is also prohibited. People may locally advertise individual items for sale, such as automobiles, boats, washers, dryers or refrigerators.

Columbus AFB housing areas are located on a federal installation and the

FSC gets new name from AF

The Family Support Center has received a new name from the Air Force: Airman and Family Readiness Center.

The name change is an effort to ensure the community understands that the center's mission is to provide enhanced support to leadership, the community, total force members and their families.

"Some may get confused about the terminology of 'Airman and Family,'" said Lee Chouinard, community readiness consultant. "It does not mean the center is only for enlisted personnel and their families. It is for any active-duty member whether they are single, married, enlisted or commissioned. We extend the term 'family' to be anyone who works in our base community."

The AFRC will continue with services aimed to assist in work, life and mission readiness issues such as relocation, finance, transition, life enhancement, deployment, and information and referrals.

As in all areas of the military, there will be some changes down the road in how the AFRC delivers the services, but rest assured, the AFRC staff members are committed to supporting the personal and unit readiness of the AF community. For more information on available services or to sign up for the monthly "What's Happening" newsletter, send an e-mail to AFRC@columbus.af.mil or call Ext. 2790. *(Courtesy of the 14th Mission Support Squadron.)*

civilian public may only enter a military installation on official business, open house functions or social visitations. Yard and carport sales do not fall within these criteria.

After hours lockout policy

The 14th Security Forces Squadron will no longer respond to routine lockouts in family housing, officer or enlisted dormitories. Individual unit keys will be maintained at the Lodging Office.

Occupants must provide sufficient identification to verify they are the authorized resident of that unit to sign for their key and must return the key within one hour. For more information, call Ext. 3546.

Yard inspections

As a reminder, on random Wednesdays of each month, squadron and group commanders conduct yard inspections. There are at least two inspections every month, so residents are encouraged to have yards in inspection order every Wednesday at 7:30 a.m.

The family housing brochure, Columbus AFB Pamphlet 32-6002, includes the inspection standards and is

available at the housing office. For more information, call the office at Ext. 7276.

Biggest Losers award

The final results to the Biggest Losers competition will be announced at 11:30 a.m. Tuesday at the club. The winning team will be presented their award by Col. Stephen Wilson, 14th Flying Training winAll BLAZE TEAM members are invited to attend.

Trash cans

Trash pick-up is on Mondays for Capitol Housing residents and on Thursdays for Magnolia and State Village residents. Residents with trash or recycling receptacles left curb-side later than noon the following day will be ticketed by the housing office.

Columbus amazing race

The inaugural meeting for this contest will be held at 5 p.m. Monday at the gym. Attendees will discuss a marathon training program that will help reach "marathon runner status." For more information, call Maj. Lisa Davison at Ext. 2181.

# Here's a sobering thought.

Even a little alcohol can affect your judgment, balance and coordination. The fact is, almost half of the riders who die in solo crashes have been drinking. Play it safe. Don't start drinking until you've finished riding.



**(800) 446-9227 • [www.msf-usa.org](http://www.msf-usa.org)**



**Mississippi Spring Fest 2006:** This family event features a car show, food, live entertainment and children’s activities Saturday through Tuesday in Ashland, Miss. Driving directions are available at the family support center. For more information, call (662) 224-3220 or visit [www.ashland.ms](http://www.ashland.ms).

**Columbus Lock and Dam:** Fully operational, the Columbus Lock and Dam is located on the Tennessee-Tombigbee Waterway, a 234-mile navigable channel linking the Tennessee River to Mobile, Ala. The Waterway is open daily and offers multiple opportunities for outdoor recreation including boating, fishing, picnicking, nature trails and playgrounds. Tours are available by appointment. No admission is charged. For more information, call 327-2142.

**Peabody Hotel rooftop parties:** Now through August, the Peabody Hotel in Memphis, Tenn., features rooftop parties from 6 to 11 p.m. every Thursday. Admission is \$5 per person. The tradition of rooftop parties at The

Peabody began in the 1930s and continues today as the social event of the season with live music, dancing, cocktails and views of the Mississippi River. For more information, visit [www.peabodymemphis.com](http://www.peabodymemphis.com).

**Poetry contest:** Celestial Arts sponsors an amateur poetry contest for the public. The grand prize is \$1,000 and \$50,000 in cash prizes will be awarded throughout the year. People can send one poem, 21 lines or less, to: Celestial Arts, P.O. Box 1140, Talent, OR 97540; or enter online at [www.freecontest.com](http://www.freecontest.com). Submissions must include the authors’ name and address. The deadline is June 30. For more information, e-mail [thomasmike\\_us@yahoo.com](mailto:thomasmike_us@yahoo.com)

**Bama Belle Sunset Cruises:** This hour and a half cruise along the Black Warrior river banks is offered at 6 p.m. every Tuesday in Tuscaloosa, Ala. The event features live entertainment. Cost is \$9 for adults, \$8 for seniors and \$6 for children. No reservations are required. Dinner cruises are also available. For more information, call (205) 339-1108 or visit [www.bamabelle.com](http://www.bamabelle.com).

**EMCC cosmetology services:** Students from the East Mississippi Community College cosmetology department offer services to military spouses now through June 30. Salon hours of operation are Tuesday, Wednesday and Thursday from 9:30 a.m. to 2:30 p.m.; and Friday from 9:30 to 11 a.m. Appointments are encouraged and can be made after 9:30 p.m. Wednesday, Thursday and Friday at 243-1915. All services are performed by students in training under instructor supervision.

Students are paid by tips only and perform services such as: haircut, \$3; haircut with shampoo, \$4; haircut with blow—dry style, \$6; press and curl, \$8; computer imaging with photo, \$10; hair color, \$11 and up, highlight (cap), \$16; highlight (weave), \$20; spiral perm, \$30; relaxer retouch with conditioner, \$15; pedicure, \$15; hot oil manicure with massage, \$6; polish change, \$2; eyebrow shaping (tweezed and waxed), \$3; and more. For a complete list of services, call 243-1915.

**For more information about local area events, call the family support center at Ext. 2790.**

## BARGAIN LINE

### Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees. Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week’s issue. Late ads will be held over for the next issue. Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week’s issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads. Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one)	Home	Transportation	Miscellaneous	Yard sales	Pets
Print advertisement					
Name					
Home Telephone #		Duty Telephone #			
(in case we need more information)					

**Please let us know what you think of the Silver Wings:**  
Are you happy with the Silver Wings? Yes ☐ No ☐  
What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐ Other \_\_\_\_\_  
If you would like to give any other suggestions, please e-mail us at [silverwings@columbus.af.mil](mailto:silverwings@columbus.af.mil).

# Airman celebrates 50th birthday with 50-mile run

**Senior Airman Patrice Clarke**  
39th Air Base Wing

**INCIRLIK AB, Turkey** — Most people eat cake and ice cream on their birthday, have a nice quiet family dinner, go out to the club, or have a birthday party at their house.

Master Sgt. Paul Roeske, 39th Communications Squadron base communication security manager, on the other hand, decided to run 50 miles around the track for his 50th birthday.

“I used to run marathons and triathlons,” said the Portland, Ore., native. “Running a 50- or 100-mile race was something I always wanted to do when I was still in the states but never got a

chance.”

While stationed at Incirlik 10 years ago, he was planning on running 40 miles for his 40th birthday but a basketball knee injury killed the idea. Sergeant Roeske started talking about running 50 miles about two years ago and he started training for it.

“I really didn’t do anything that special,” he said. “To do any endurance event you just train longer at a slower pace. I shot for a 13- to 14- minute mile so I could finish the 50 miles in 12 hours.”

Sergeant Roeske ran the Tarsus half marathon with his daughter, Kara, in early April, and ran 15 miles on the track two weeks before his birthday as a last-minute tuneup.

At 12:01 a.m., April 25, Sergeant Roeske was at the base high school track attempting to make his 200 laps. He didn’t do the whole run alone though. He had a lot of support.

“My son Kris and daughter Kara ran with me during the early morning parts and my wife, Patty, walked periodically throughout,” Sergeant Roeske said.

His coworkers ran with him during the day.

“I even had a few elementary and high school physical education classes on the track with me,” he said, “It was without a doubt easier during the later miles to keep going when other people were running with me.”

Although Sergeant Roeske didn’t make

his 50 miles, he is still very proud of his accomplishments.

“I did what I wanted to do. I didn’t get to my goal, but 44 miles was as far as my legs would take me,” he said.

All in all, Sergeant Roeske did get something out of his 10 hours of running.

“I got a lot of personal satisfaction out of this experience. I’ve always like challenging myself with physical and sports-related activities.”

For all those who are wondering, is it going to be 51 miles next year?

“Next year, I’ll probably try again,” he said. “I treated my preparation for this and the run as a kick start to get back into running shape. I’ll do the run, just somewhere other than the track.”

## Cheap toothpaste: not worth the price

**Lauren Kelly**  
14th Medical Operations Squadron

Media outlets have been investigating toothpaste purchased at popular American dollar stores and found many of these tubes of toothpaste to be expired and foreign, non-ADA-approved formulations of toothpaste.

Many budget savvy consumers shop these discount stores for the ease of purchasing the items they need at a reduced price. While toothpaste can be purchased for \$1 instead of \$3.50, consider these findings:

Some dollar stores will purchase toothpaste produced in a foreign country that is formulated for the fluoridation level necessary for that particular area. The fluoride level is usually very high in foreign toothpaste due to a lack of water fluoridation. However, our local region does have fluoridated water. The tubes of toothpaste found in some dollar stores were found to have 10 percent more fluoride than American produced toothpaste. This presents a concern, especially for young children who will sometimes swallow the toothpaste while brushing their teeth. Ingesting too much fluoride can cause fluorosis (white or yellow speckled appearance) of permanent teeth. In extreme cases, fluoride overdose can cause nausea, abdominal pain and even death.

Children should be six years old before using fluoridated toothpaste. After age six, teach children good brushing habits they can continue as adults. For example, use a pea-sized amount of toothpaste when brushing, and never swallow the toothpaste even though it may be a delicious flavor.

Another potential issue found with dollar store toothpaste is the expiration date. While this is not necessarily harmful, the older toothpaste could be less affective. Good taste and a smooth consistency could also be jeopardized in toothpaste that has been on store shelves for many years.

The U.S. Food and Drug Administration holds legal responsibility for the screening and monitoring of the toothpastes it will allow to be sold in America. However, consumers can make smart toothpaste purchases by making sure the tube displays an American Dental



Airman 1st Class Alyssa Miles

**Lauren Kelly, 14th Medical Operations Squadron, shows a patient the right amount of toothpaste to use when brushing her teeth. For more information on dental care, call Ext. 2250.**

Association seal of approval and checking the expiration date.

The ADA approved toothpastes from reputable sources (such as popular chain stores) and our Base Exchange should be assumed safe and an excellent way to augment an already healthy personal oral hygiene regimen. Remember, toothpaste not only provides a polishing agent to remove harmful plaque, but also delivers topical fluoride to help fight dental decay.

For questions or concerns about a product, bring it by the base dental clinic or call Ext. 2250.

## Sports Shorts

### Swimming Lessons

Ages 3 to 18 to swim during a two week program for the cost of \$40. Classes will be held June 5 to June 16, July 19 to July 30 and July 24 to Aug. 4 on Mondays through Thursdays with make-up on Fridays. Classes offered are beginners from 8 to 8:30 a.m., Intermediate from 8:30 to 9 a.m. and Advanced from 9 to 9:30 a.m. Call Ext. 7861 for more information.

### Fathers Day 9-Pin No-Tap tourney

This tournament will be held at 7:30 p.m. June 16 at the bowling center. Entry is \$10 per person and fathers will pay \$5. All levels of bowlers invited, but everyone must register by 7 p.m. the day of the event. Call Ext. 2426 for information.

### British Soccer Training Camp

The youth center is hosting this camp June 19 to June 23 for ages 3 to 16. British soccer camps provide young players with the opportunity to receive on-base high-level soccer coaching from a team of international expertise. Participants will receive challenger soccer ball, camp shirt and a camp award. Cost is \$60 for ages 3 to 4, \$90 for ages 4 to 6 and \$105 for ages 6 to 16. Participants can register at [www.challengersports.com](http://www.challengersports.com). For more information, cal the youth center at Ext. 2504..

### Super Golf Scramble

The 6th Annual Super Golf will be held at Whispering Pines golf course Saturday and Sunday. The tournament is a four person scramble. Participants will choose from a of a 7:30 a.m. or 1:30 p.m. shotgun start. Entry is \$200 per team or \$50 per person, and includes lunch on both days, door prizes, tee prizes, beverages throughout the day and a chance to win a 2006 Kia Optima for a hole in one on Sunday. Entry forms are available at the pro shop or Sonic drive-in located on Highway 45. For more information, call Ext. 7932.